

Aetna's School Employee Guidance Program:

# Health care with heart



# Giving school employees the help and support they need

Whether they work in the classroom, the cafeteria or in the library, stress can impact health, sleep, quality of life and teaching performance which is why we've expanded our A+ for Schools bundle through the creation of Aetna's School Employee Guidance Program.

This program has been designed to meet the unique needs of school employees and offers **proactive care** that uses a combination of onsite workshops, emotional support, and online tools to:

- Reduce depression and anxiety
- Improve productivity
- Boost classroom outcomes
- Decrease turnover

**46%**

report high daily stress<sup>1</sup>

**10%**

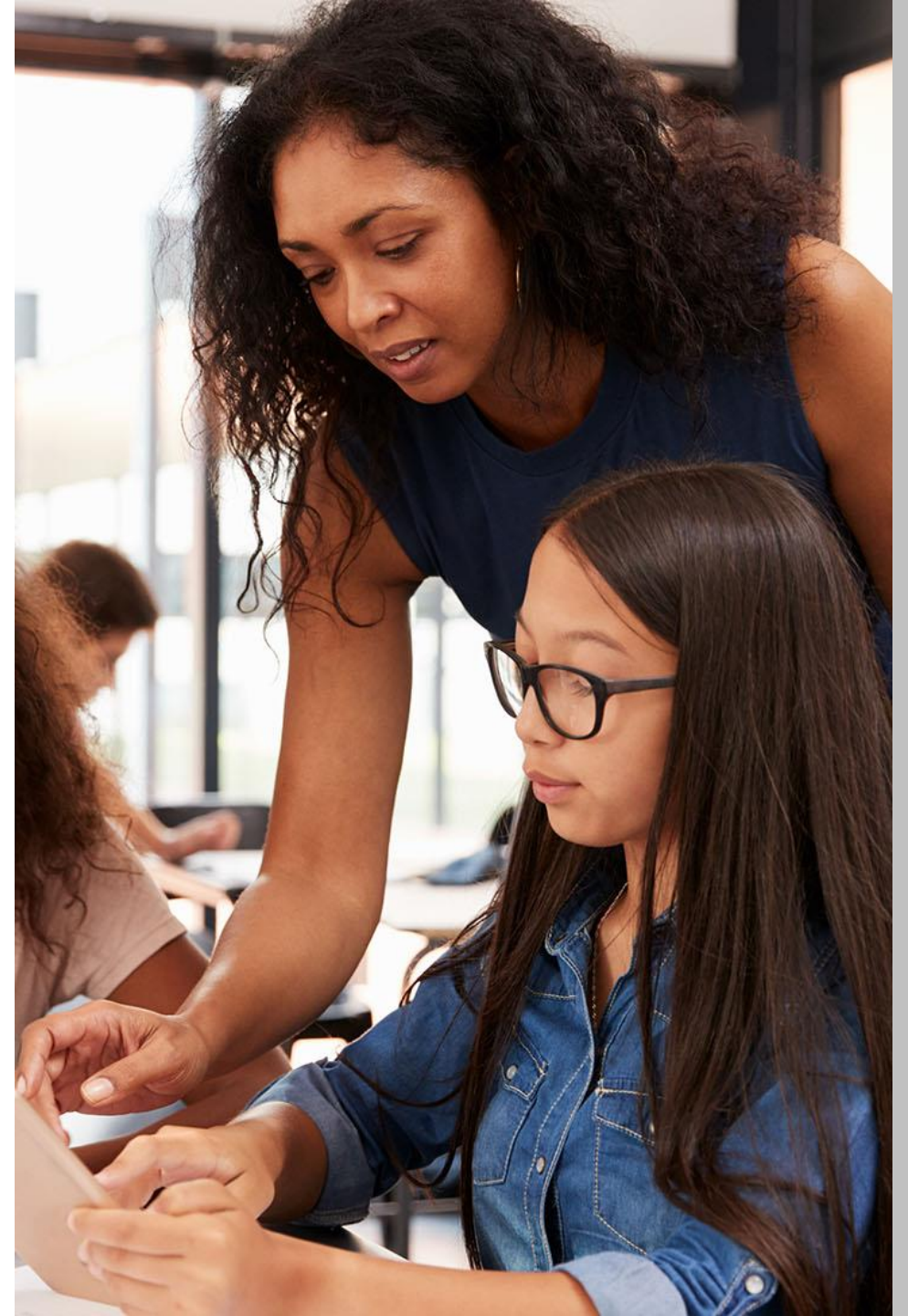
of teachers quit after the first year<sup>2</sup>

**\$7B**

estimated cost of teacher turnover per year<sup>1</sup>

<sup>1</sup>Teacher Stress and Health, Sept. 1, 2016, PennState and Robert Woods Johns Study, <https://www.rwjf.org/en/library/research/2016/07/teacher-stress-and-health.html>

<sup>2</sup> National Center for Education Statistics, 2015. <https://nces.ed.gov/pubs2015/2015337.pdf>



# Offering vital, proactive resources for teachers



## Emotional support

Six individual visits per issue per year, all confidential appointments with Master's-level clinicians — either face-to-face sessions, through tele-video or by phone.

Employees and household dependents<sup>1</sup> can call 24/7 for unlimited in-the-moment support.



## Online tools

Anytime access to articles, assessments and videos, including topics like ADHD, autism and classroom management, through our secure member website.

Tools to improve emotional health and overcome depression, anxiety, stress, substance use and chronic pain.



## Onsite workshops

As part of the standard offering, plan sponsors can choose up to four<sup>2</sup> workshops from the list below to offer to their employees:

- Autism spectrum disorder and ADHD
- Burnout
- Anxiety
- Challenging interactions
- Emotions under pressure
- Compassion fatigue
- Stress and balance at school and at home

<sup>1</sup> Including children up to age 26, whether or not they live at home

<sup>2</sup> More courses are available for purchase

# Crisis support: helping your team rebound and recover

Our crisis support service can make the difference in how fast and how well school employees recover from a crisis. Our specialists gather information and put a strategic recovery plan into place. They offer caring consultation and onsite help:



Clinical consultation to assess your situation and examine strategies



End-to-end communication support



Immediate support and referrals from phone clinicians for any individual in crisis



Certified providers to help victims begin their recovery

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**Details are subject to change as this program is currently in development.**

Information is believed to be accurate as of the production date; however, it is subject to change.

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